THE DAY BEFORE THE CLIMB
AOI! ARE YOU READY FOR TOMORROW?
I FINISHED PACKING YESTERDAY-
SPEAKING OF WHICH, I STILL NEED SNACKS, WHAT SHOULD I BRING?
HUH? WE DON'T REALLY NEED TO BRING SNACKS, RIGHT?
I GUESS SO...
YOU'LL JUST GET FAT IF YOU EAT SO MUCH-
WRONG!

18TH CLIMB: LET'S CHOOSE TRAIL SNACKS!

THE VIEW FROM FUJISAN
FROM FUJISAN, THE VIEW IS WIDER THAN YOU GET CLIMBING ANY OTHER MOUNTAIN, AND WHEN YOU LOOK DOWN AT THE SCENERY IT SEEMS SMALL AND FAR AWAY.

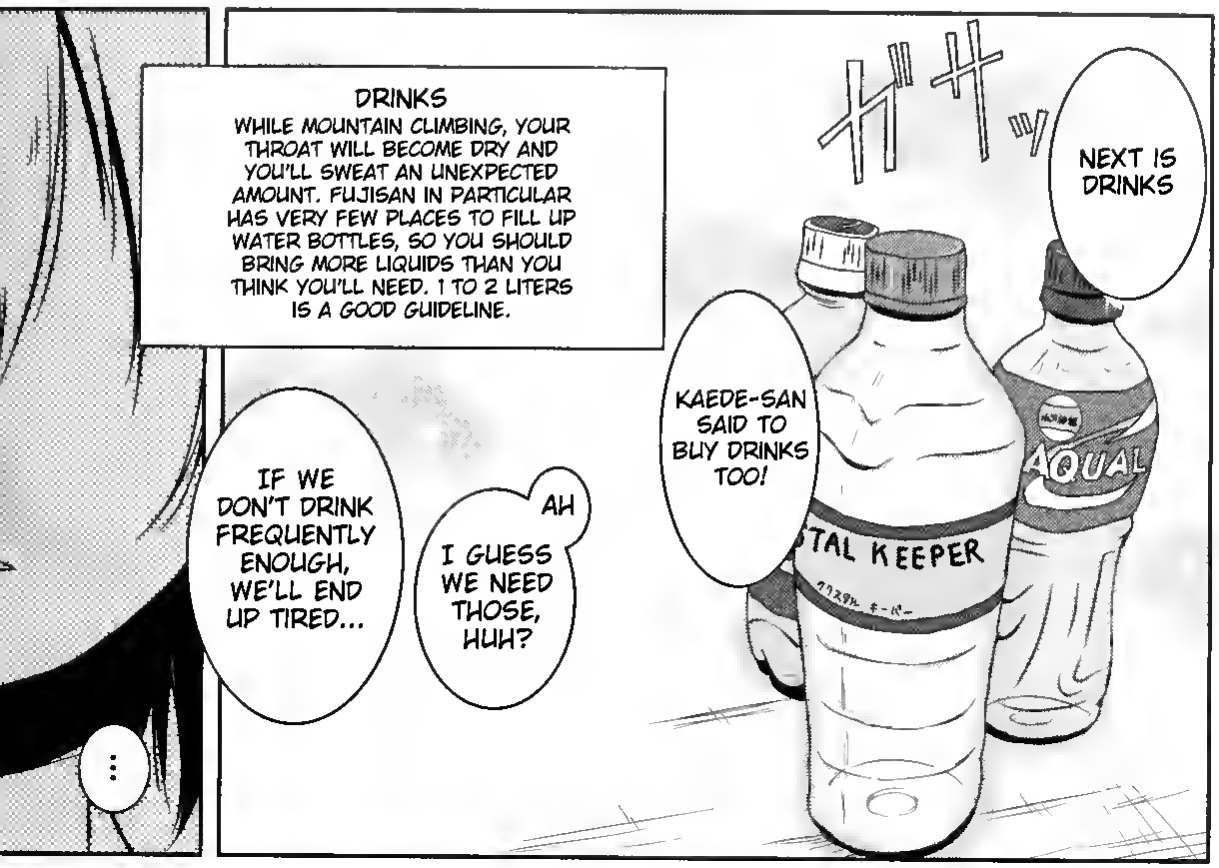
EQUIVALENT TO ABOUT 30 RICE BALLS
CONSUME FOUR TO FIVE THOUSAND CALORIES!
IT'S SAID THAT ONE DAY OF HIKING WILL
FIVE THOUSAND CALORIES!
HUMANS USE FOOD AS AN ENERGY SOURCE TO MOVE!
IT STOPS...
THAT'S RIGHT!
SO...
FOR EXAMPLE, IF YOU HAVE A CAR THAT RUNS OUT OF GAS, WHAT HAPPENS?

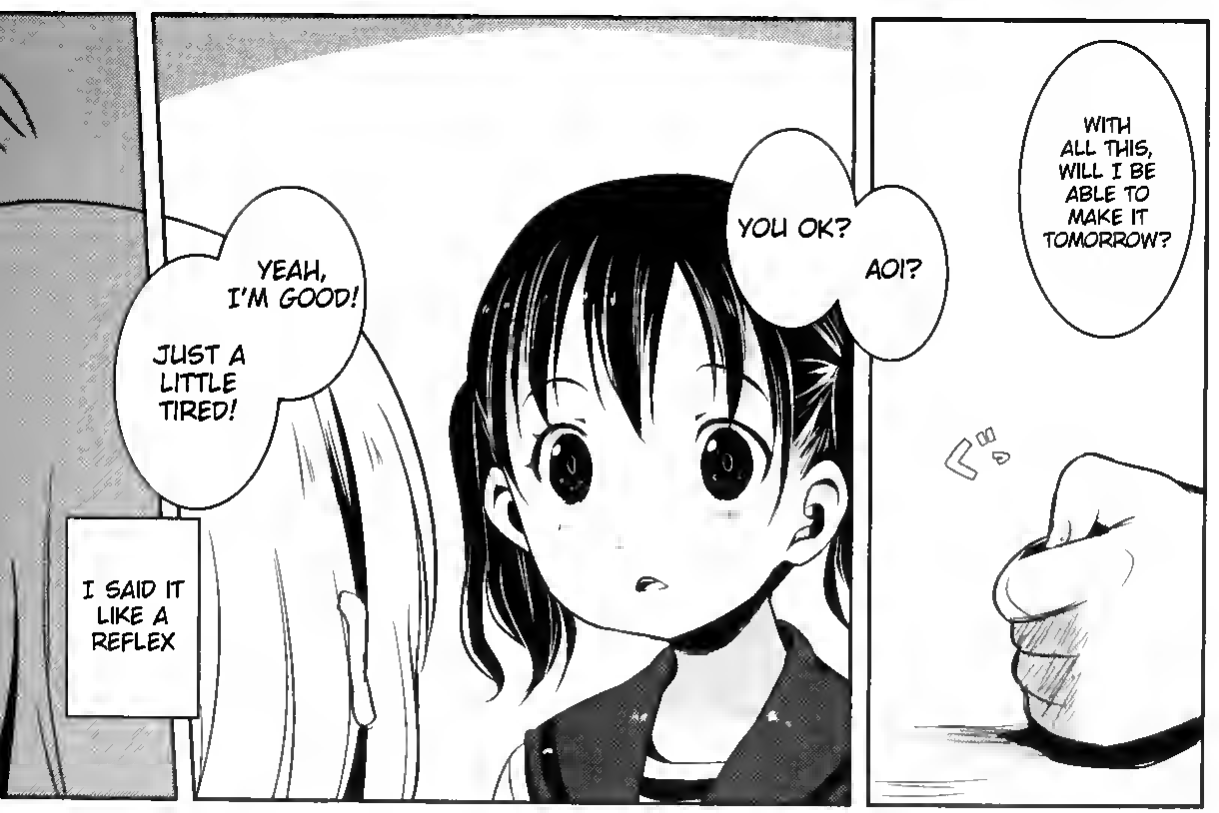
HUNGER KNOCK
HUNGER KNOCK IS THE CONDITION WHEN YOU TRY TO EXERT YOURSELF WHILE HAVING AN EXTREMELY LOW BLOOD SUGAR LEVEL. YOUR BODY BECOMES UNABLE TO MOVE, REGARDLESS OF YOUR WILL. IT HAPPENS TO MOUNTAIN CLIMBERS, CYCLISTS, AND OTHERS WHO EXERT THEMSELVES FOR LONG PERIODS OF TIME.
IF YOU DON'T EAT ANYTHING, YOU'LL BE UNABLE TO CONTINUE MOVING!
ぷしー
IT'S CALLED HUNGER KNOCK- YOUR STOMACH IS COMPLETELY EMPTY, AND YOU'VE BECOME UNABLE TO MOVE A SINGLE STEP
YOU'RE BETTER OFF EATING AS MUCH AS YOU CAN!
OH-
LATELY I'VE FELT A LITTLE CHUBBY
SO I THOUGHT "MAYBE I'LL GO ON A DIET," BUT...
ぽふん
I GUESS NOT...
HINATA-CHAN...

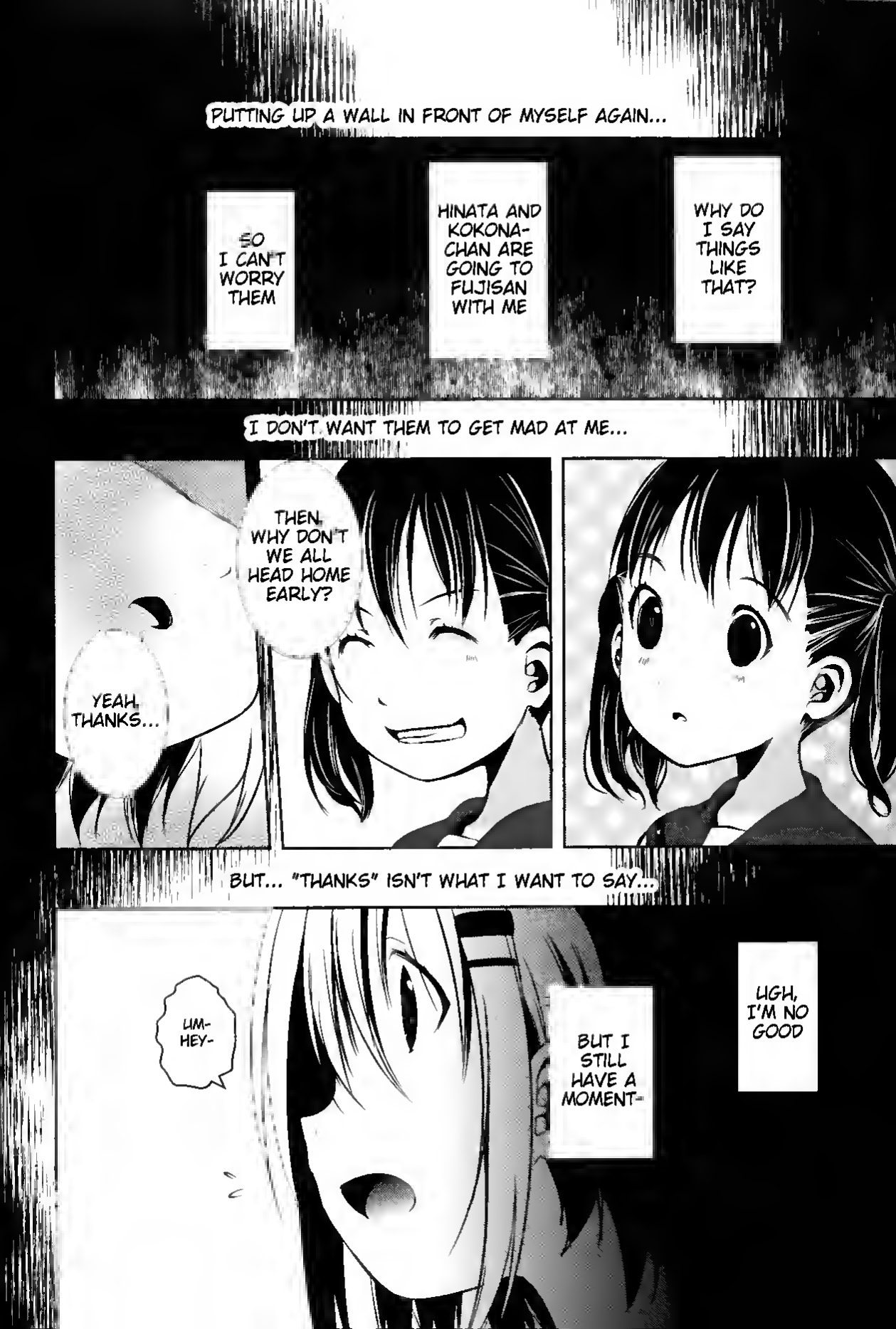
ガン
IT'S NOT CUTE TO BE UNHEALTHILY THIN!
R-RIGHT...
EATING A LOT AND MOVING A LOT IS THE BEST SHORTCUT TO LOSING WEIGHT!
VERY PERSUASIVE BODY
ESPECIALLY MOUNTAIN CLIMBING!
IF POSSIBLE, IT'S BEST TO BRING SWEET, TASTY FOODS
O-OK!
AND IF YOU HAVE ANYTHING ELSE YOU'RE NOT SURE OF, CALL ME, OK?
...

TAKE THESE!
SO THAT WAS WHY KAEDE-SAN GAVE ME CHOCOLATES WHEN I GOT TIRED LAST TIME...
IT... SEEMS LIKE I STILL DON'T KNOW MUCH
ABOUT MOUNTAIN CLIMBING...
I WONDER IF I'LL BE ALRIGHT LIKE THIS
I WAS DEAD TIRED ON MITSUTOUGE
WILL THIS TIME GO WELL?
AOI-
LET'S GO BUY SOME SNACKS RIGHT NOW!
I HAVE ERRANDS TO RUN, SO I'M HEADED HOME! GOOD LUCK!
OH, OK
AH- OK!

SO!
WHAT DID YOU BUY?
30 MINUTES LATER
TRAIL SNACKS
AS MUCH AS POSSIBLE, HIGH CALORIE FOODS ARE RECOMMENDED. BRING SEVERAL TYPES OF FOODS TOO, SO YOU DON'T TIRE OF ONE THING. LARGE BAGS CAN BE A BOTHER, SO PACK EVERYTHING INTO RESEALABLE ZIP TOP BAGS, AND THEY'LL BE EASY TO TAKE OUT OF YOUR PACK AND PUT BACK IN.
I GOT KARINTO!
I GOT GUMMY CANDY AND CHOCOLATE COVERED PEANUTS
71
CHOCO PEANUTS
ピーナッツチョコ
PINEAPPLE
ドライマンゴー
MANGO
I GOT DRIED FRUIT!
WITH THAT,


DRINKS
WHILE MOUNTAIN CLIMBING, YOUR THROAT WILL BECOME DRY AND YOU'LL SWEAT AN UNEXPECTED AMOUNT. FUJISAN IN PARTICULAR HAS VERY FEW PLACES TO FILL UP WATER BOTTLES, SO YOU SHOULD BRING MORE LIQUIDS THAN YOU THINK YOU'LL NEED. 1 TO 2 LITERS IS A GOOD GUIDELINE.
NEXT IS DRINKS
KAEDE-SAN SAID TO BUY DRINKS TOO!
AQUA
TAL KEEPER
IF WE DON'T DRINK FREQUENTLY ENOUGH, WE'LL END UP TIRED...
AH
I GUESS WE NEED THOSE, HUH?
...

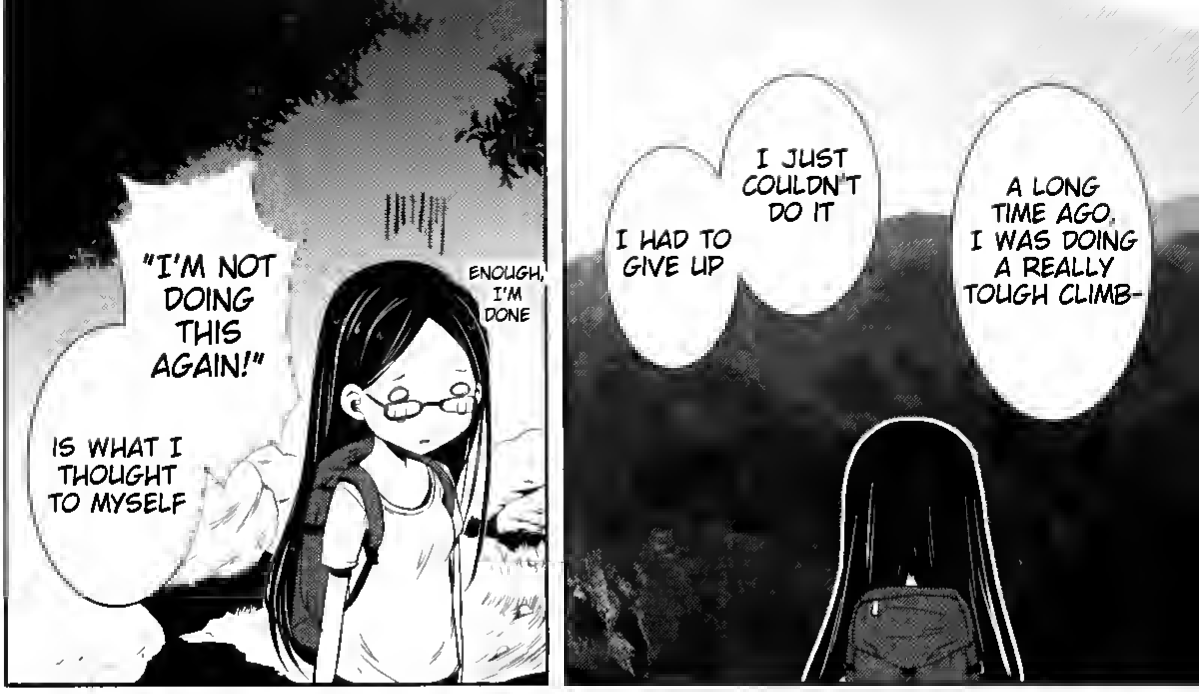

WITH ALL THIS, WILL I BE ABLE TO MAKE IT TOMORROW?
YOU OK?
AOI?
YEAH, I'M GOOD!
JUST A LITTLE TIRED!
I SAID IT LIKE A REFLEX

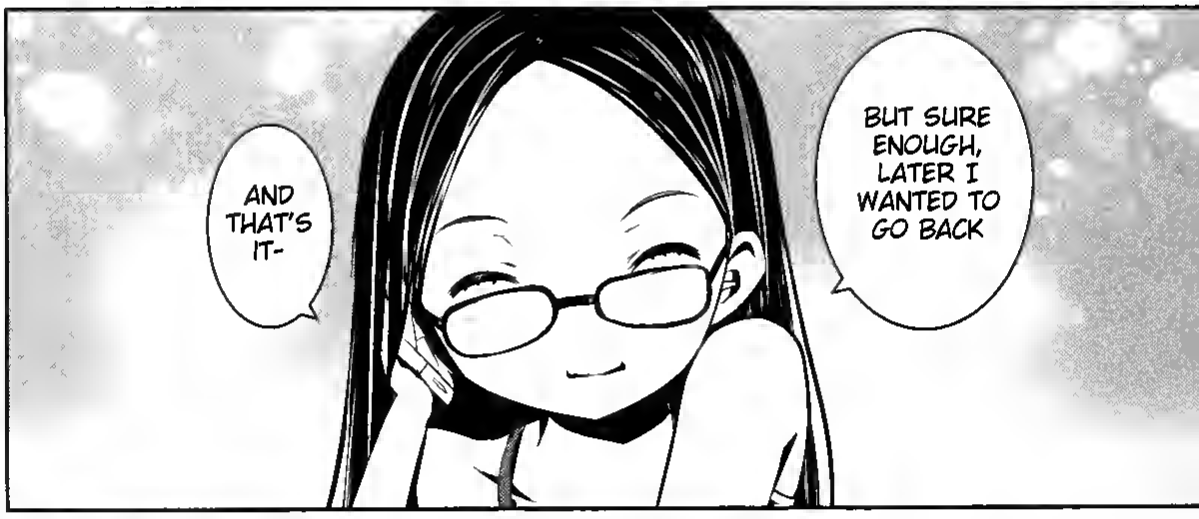

PUTTING UP A WALL IN FRONT OF MYSELF AGAIN...
WHY DO I SAY THINGS LIKE THAT?
HINATA AND KOKONA-CHAN ARE GOING TO FUJISAN WITH ME
SO I CAN'T WORRY THEM
I DON'T WANT THEM TO GET MAD AT ME...
THEN, WHY DON'T WE ALL HEAD HOME EARLY?
YEAH, THANKS...
BUT... "THANKS" ISN'T WHAT I WANT TO SAY...
UGH, I'M NO GOOD
BUT I STILL HAVE A MOMENT-
UM- HEY-

HINATA
HMM?
SORRY
AND THANKS
SURE!
HINATA
ACTUALLY, I'M WORRIED
THAT I WON'T BE ABLE TO MAKE IT...
I SEE-
WELL, I'M A LITTLE WORRIED MYSELF
BUT
WE'VE ALREADY MADE OUR PLANS, SO WE MIGHT AS WELL GO THROUGH WITH THEM-
EVEN IF WE'RE ANXIOUS, LET'S HAVE FUN
AND IF WE'RE STILL WORRIED,
WE CAN ASK KAEDE-SAN FOR ADVICE, RIGHT?
I GUESS EVERYONE FEELS THE SAME WAY

RAIN GEAR,
DOWN JACKET,
DRINKS,
SNACKS,
I'M FINISHED PACKING, BUT...
I'M STILL WORRIED...
...
すっ....
I'LL CALL KAEDE-SAN
I GUESS

HELLO?
UM, KAEDE-SAN,
IS THERE SOMETHING YOU'RE ANXIOUS ABOUT?
OH...
I DIDN'T ACTUALLY THINK ABOUT WHAT I'D SAY...
WHAT TO SAY...
I WAS SO ENTHUSIASTIC WHEN I SAID WE SHOULD CLIMB FUJISAN,
BUT NOW I'M WORRIED ABOUT WHETHER I'LL BE ABLE TO FINISH...
UM...
DO... YOU THINK I'LL DO OK TOMORROW?
HMM- I DON'T KNOW WHETHER YOU'LL BE ABLE TO FINISH...
EHHHH-


A LONG TIME AGO, I WAS DOING A REALLY TOUGH CLIMB-
I JUST COULDN'T DO IT
I HAD TO GIVE UP
ENOUGH, I'M DONE
"I'M NOT DOING THIS AGAIN!"
IS WHAT I THOUGHT TO MYSELF

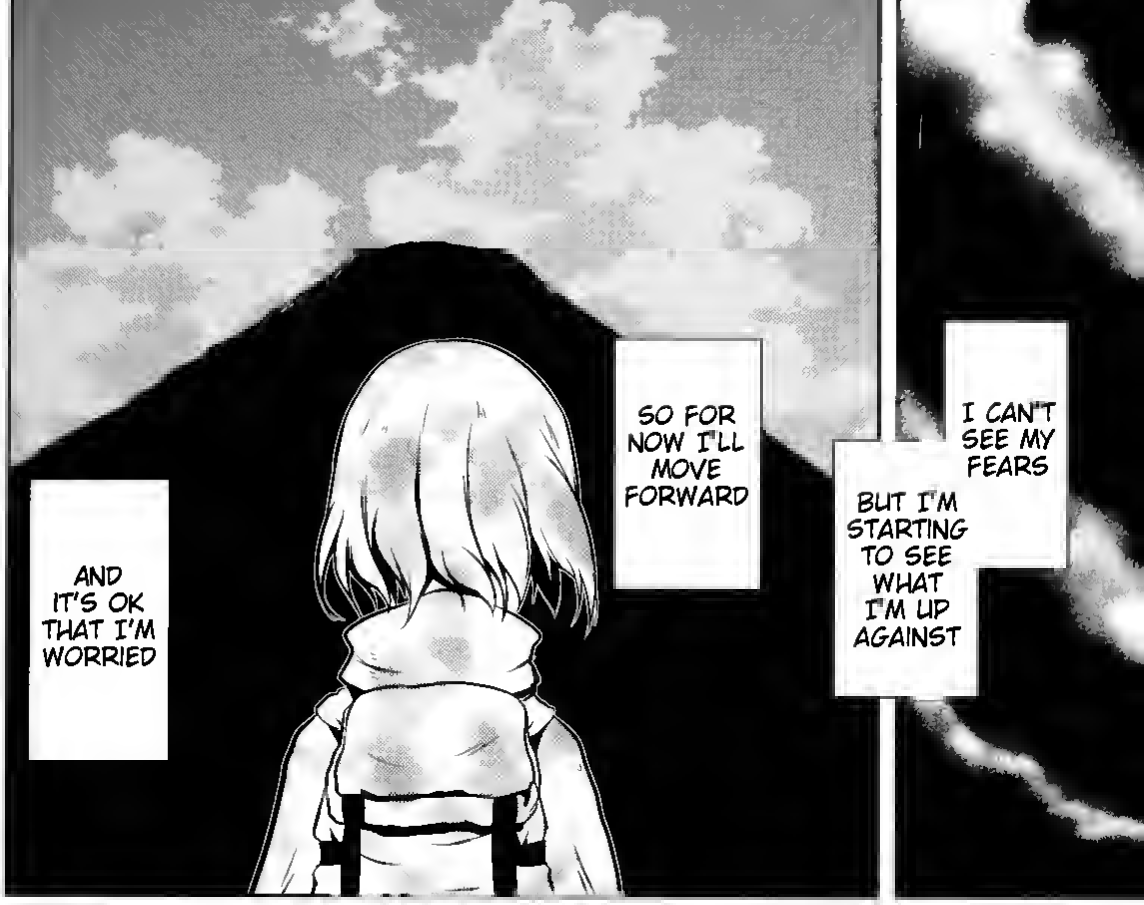

BUT SURE ENOUGH, LATER I WANTED TO GO BACK
AND THAT'S IT-

YOU DECIDE FOR YOURSELF
CHAL-LENGE YOURSELF
AND THAT'S ALL UP TO YOU-
AOI-CHAN, DID YOU KNOW?

THE GOOD MEMORIES STICK AROUND-
AND THE PAINFUL ONES
BUT
FADE AWAY WITH TIME,
IF YOU DON'T GIVE IT A TRY, YOU NEVER GET TO MAKE THE GOOD ONES

I THINK THAT DRIVE
IS PROBABLY THE MOST IMPORTANT THING

I SEE
SO ALL YOU CAN DO IS TRY YOUR BEST TO FINISH!
I THINK IT'S OK TO RETREAT WHEN THINGS GO BADLY,
AT ANY RATE,


I CAN'T SEE MY FEARS
BUT I'M STARTING TO SEE WHAT I'M UP AGAINST
SO FOR NOW I'LL MOVE FORWARD
AND IT'S OK THAT I'M WORRIED

I'M GETTING A LITTLE EXCITED...

TOMORROW WILL BE TOUGH WITHOUT ENOUGH SLEEP,
SO GET TO BED SOON-
OK!

TOMORROW IS FINALLY FUJISAN
WHAT IS WAITING FOR ME?
WHAT WILL FUJISAN SHOW ME?
I CAN'T SAY WHETHER THIS FEELING IS
ANXIETY, OR ANTICIPATION
BUT
TOMOR-ROW
I'M LOOKING FORWARD TO IT

3 TRAIL SNACKS

TRAIL SNACKS ARE AN IMPORTANT THING TO HAVE WHILE CLIMBING. IT'S IDEAL TO EAT BEFORE YOU START THINKING "UGH, I'M SO HUNGRY".

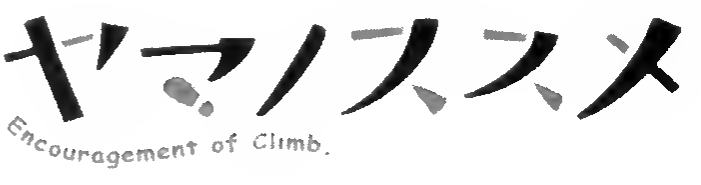
MOUNTAIN CLIMBING, AND ESPECIALLY THE ASCENT, TAKES A LOT OF ENERGY, SO IT'S GOOD TO BRING LOTS OF FOODS WITH HIGH SUGAR CONTENT LIKE SWEETS. CHOCOLATE, GUMMIES, KARINTO, AND DRIED FRUITS ARE ALL GOOD CHOICES.

LIKE THE GASOLINE YOU PUT IN A CAR, SUGARS FUEL BOTH YOUR ABILITY TO WALK, AND YOUR WILLPOWER. FOODS WITH CITRIC ACID CAN HELP YOU RECOVER FROM FATIGUE, SO PLUMS AND OTHER SOUR FOODS ARE GOOD TO BRING.

THE TROUBLE WITH CANDY, THOUGH, IS THE TRASH IT MAKES, SO THAT'S SOMETHING YOU NEED TO PREPARE FOR. I PACK EVERYTHING INTO ZIP TOP BAGS AHEAD OF TIME, WHICH ARE EASY TO TAKE OUT AND STOW AGAIN. DIETING WHILE CLIMBING IS A BAD IDEA - IF YOU GET EVEN A LITTLE HUNGRY YOU SHOULD QUICKLY EAT SOMETHING. IT'S ALL OVER IF YOU BECOME TOO EXHAUSTED.

IT'S ALSO A GOOD IDEA TO CONSIDER WHAT WOULD HAPPEN IN AN EMERGENCY, AND BRING EXTRA FOOD. HAVING PLENTY OF FOOD CAN CALM YOU DOWN MORE THAN YOU THINK. TRAIL SNACKS ARE ACTUALLY ONE OF THE MORE IMPORTANT PURCHASES YOU'LL MAKE.

PUTTING SNACKS IN ZIP TOP BAGS IS CONVENIENT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Encouragement of Climb.